



## **Royal Life Saving Society – Sussex Branch**

### **Presidents Report 2010**

When I was elected as president I said that I wanted to visit clubs and other bodies and look at best practice in order to spread it around the Branch with a view to promoting youth and RLSS to a wider public because we all need more members and RLSS needs to have a higher profile.

I have achieved some of this but it is an ongoing job which does not move as fast as I would have liked it to, however I will continue to strive if I am re-elected to that aim and the promoting of Lifesaving in general.

Last year I said that Lifesaving in Sussex is still strong, it can always be better and in particular I am encouraged to see the number of younger people getting involved especially at Rookie level and that continues to be true but none of us can be complacent.

The Management Committee are just beginning to look at a Branch Action Plan and this is something I want to work on in the future, it's very early days yet and we only have an outline format so I hope to report on it more as time goes by.

**Doug Simmonds**

### **Chairman's Report 2010**

Over the last year it's been fairly quiet on the Branch side of things, the RLSS are looking into the best ways to try to promote the Branches and organisation. Please contact a member of the committee if you have any as well.

A meeting has been held at River House and we are waiting for more information to come back from them. During this meeting the recent CPR up date was brought up and the society has put there hands up to making a mistake with charging voluntary Lifesaving TA's for this, as a result we are happy to collect your details to pass them back to Headquarters for a refund please see the website for more details.

The committee have put in a lot of hard work over the last year looking at how to promote the RLSS and provide help to existing clubs.

The Branch and Clubs have had some great results in competitions and I would like to personally congratulate everyone who took part.

**Jane Askham**  
**Branch Chair**



## Treasurer's Report 2010

### 1. 2010 Accounts

The 2010 Accounts were submitted to the RLSS at the end of January 2011, we have not been notified of any adjustments. The branch produced a profit of £1,215 in 2010 against a loss of £33 in 2009.

Total income for 2010 was £8,000 lower than 2009. This was mainly in two areas, goods down nearly by £6,000 and courses down by £1,500. However there was a larger decrease in goods purchased.

In the year, bursaries totalling £135 were given to clubs training assistant teachers. These bursaries will continue in 2011. In addition, a total of £334.50 was given to 2 clubs in the region to promote water safety.

In the year, the branch purchased two laptops and data projectors at a cost of £2,148 to be used for courses run into the future

### 2. Cash Position

As at 22<sup>nd</sup> March 2011, the cash position of the branch was as follows:

|                 |            |
|-----------------|------------|
| Current Account | £ 5,485.53 |
| Deposit Account | £10,797.84 |

The interest rate on deposit balances is now 0.10% per annum.

### 3. Outstanding Invoices

We are awaiting invoices for February and March from the RLSS and Lifesavers Direct. Lifesavers Direct appear to have allocated a payment made by the branch to another account and we are not paying outstanding invoices until this situation has been resolved.

**Stuart Rigby**  
Treasurer

## Awards & Sales Report 2010

**Sales** – this year sales have again been mostly for Bronze Medallion and NRASTC packs, which are still the most popular Lifesaving awards, although there has been a good sprinkling of orders for other catalogue items as well. Don't forget, folks, if you don't want to bother with ordering, I will always obtain items for you. Just contact me on Tel / Fax: 01903 244518, or e-mail [awards@rlss-sussex.org.uk](mailto:awards@rlss-sussex.org.uk).

**Awards** - Lifesaving Awards were again down on last years' totals, with NRASTC and Bronze Medallion being in the majority, as shown in the sales item above. The greatest drop was in Life Support and Junior awards. We still await the revision of higher awards, and the new format of the Disability Award is due any day, so we wait to see if either of these will make a difference for the coming year.



Last year I had a little moan about not receiving the “blue copy” of the Bronze Medallion assessment – thanks trainers for taking note - I have been getting these quite regularly since. However, sometimes I receive the “grey” copy as well, or a photo copy of the blue form. Please note that unlike other Lifesaving awards, I only need the one copy, not two. The grey copy should remain in the candidate’s book.

**Betty Hakesley**  
**Awards and Sales Secretary**

### **Child Protection Officer’s Report 2010**

There have been no issues of concern to report and we continue to see a steady stream of new Criminal Record checks being carried out. Many of these are now signed off by Club welfare Officers but I can still help if required and am always willing to come along to an agreed session if there are a useful number to do. Please don't forget that every CRB must be accompanied by a Self Declaration.

Remember that everyone involved in RLSS and especially those coming into contact with under 18's or other vulnerable people should have a current check in place, they do not cost anything and its no good saying 'I have from an other organisation' it doesn't count.

As we all know the ISA changes did not go ahead and further changes in policy mean we only have to have one CRB.

We now get a regular update of members who have current CRB's and these are circulated to Branch Management Officers and some Club Welfare Officers, if you are a CWO then let me know your email and I will add you to the list.

Please remember that you have do a new check every 2 years so if you are not sure when yours is due then ask and we will confirm the details for you. No one by the way has the personal details that you are sent when a check is made.

Remember that if you have any queries I can always be contacted with my details available on the website.

**Doug Simmonds**  
**Branch CPO**



## Competitions Report for Year 2010

It was an excellent Competitive year for the Branch in 2010. All Branch Competitions were held with the exception of the Schools. In addition to the normal competitions we held 2 Rookie Pool Festivals and a new Beach Rookie Festival with a total of 144 Rookies taking part. These were so successful that they will become a regular feature in our competition calendar. The medal winners at Branch Competitions are listed below together with Branch members' positions in South East Region and National Championships.

I would very much like to take this opportunity to thank everyone who has taken part in the 2010 Competitions: Competitors, Casualties, Officials and Helpers. Thank you for your support. I hope to see you all again at Competitions in 2011.

I again must mention that a number of **Sussex Branch Trophies are still missing**, these are: Ladies Sussex Pairs Cup (Rogers Cup), School Boys Cup (Crawley TLSC Cup), and the Senior Girls Pairs Cup (Horsham LSC Cup). Could all past competitors please search for these and let me know if they are aware of their whereabouts!! They must be somewhere!! No questions will be asked if they just turn up on my doorstep.

It is pleasing to report that a number of Sussex members representing the Branch won medals in South East Regional Competitions namely:

Rachael Kaiser (SER Ladies Individual Champion), Luke Peel (Men's Individual Bronze), Joanne O'Connor with Sophie Morgan (Senior Girl Pairs, Bronze), Pamela Shaw (Ladies Masters, Silver), Trudie Peel (Ladies Masters, Bronze), Gary Lee (Men's Masters, Gold) and Robin Akers (Men's Masters, Silver), Sussex Ladies and Men's Teams (both Silver in the Team Lifesaving Championships) and Sussex Ladies and Men's Teams (Gold in the Beach Lifeguard Teams Championships).

In the National Lifesaving Championship Finals at Sheffield congratulations go to: Rachael Kaiser (5<sup>th</sup> O/A with one 2<sup>nd</sup> event place in the Ladies Championship). In the Masters sections: Pamela Shaw (5<sup>th</sup> O/A with one 1<sup>st</sup> event place), Gary Lee (winning the Overall Gold with three 1<sup>st</sup> and one 2<sup>nd</sup> event places) and John Stainer (4<sup>th</sup> O/A with two 2<sup>nd</sup> places and one 3<sup>rd</sup> event places with only one point from 1<sup>st</sup> O/A place).

It is crucial that if anyone is considering entering the Branch Qualifying Round of the National Lifesaving Championships they must be in personal membership of RLSS UK, **which means that for 2011 anyone wishing to enter must join RLSS UK by the 1 June 2011 at the latest. Otherwise they will be eliminated from the Competition.**

Internationally, it is pleasing to report that Crawley TLSC entered a Team in the World Lifesaving Championships in Alexandria, Egypt in October 2011.

These were Jenny Ellison, Abi Hoyle, Jo Blackwell, Luke Peel, Sam O'Connor, Rory Hopcraft, Jeff Lutz, Gary Lee and John Stainer. Gary Lee and John Stainer won the Gold Medal in the Masters Line Throw event.

Jenny Ellison was also selected for the Canadian National Team in Rescue 2010 in Alexandria, Egypt.

Zara Williams and Matt Penny represented RLSS UK in the German Cup in November 2010, with Zara Williams and Sam O'Connor representing RLSS UK in the Dutch Championships also in November 2010.



A number of Sussex clubs also entered and/or held interclub competitions, both Stillwater and Ocean which were held Locally, Nationally and Internationally. Presumably the clubs will comment on these in their own Club reports.

### 2010 Medal Winners in Sussex Branch Competitions

#### 23 January 2010 Sussex Mixed Pairs at Olympos Pool, Burgess Hill

##### Juniors

|                 |                |                              |
|-----------------|----------------|------------------------------|
| 1 <sup>st</sup> | Eastbourne 'A' | Jaeger De Vile/Curtis Mays   |
| 2 <sup>nd</sup> | Eastbourne 'B' | Daisy Pavement/jack Unsworth |

##### Seniors

|                 |             |                               |
|-----------------|-------------|-------------------------------|
| 1 <sup>st</sup> | Crawley 'A' | Gemma Sharp/Rory Hopcraft     |
| 2 <sup>nd</sup> | Crawley 'Z' | Jo O'Connor/Sam O'Connor      |
| 3 <sup>rd</sup> | Crawley 'B' | Emily Stass/Stuart Richardson |

#### 17 April 2010 Sussex Teams at Sovereign Centre, Eastbourne

|                 |                 |
|-----------------|-----------------|
| 1 <sup>st</sup> | Crawley TLSC    |
| 2 <sup>nd</sup> | Worthing LGC    |
| 3 <sup>rd</sup> | Eastbourne VLGC |

#### 9 May 2010 Rookie Pool Festival at Christ's Hospital School, Horsham

|                                    |  |                              |
|------------------------------------|--|------------------------------|
| Under 10's                         | Under 12's                                   | Under 15's                   |
| 1 <sup>st</sup> Moira House School | 1 <sup>st</sup> Aquafins 'B'                 | 1 <sup>st</sup> Hastings LGC |
| 2 <sup>nd</sup> Aquafins           | 2 <sup>nd</sup> Aquafins 'C'                 | 2 <sup>nd</sup> Saviours LSC |
| 3 <sup>rd</sup> Aquafins 'A'       | 3 <sup>rd</sup> Bluecoats, Christ's Hospital |                              |

#### 20 June 2010 Youth/Individual/Masters at St Bede's School, Upper Dicker

**Junior Girls** No entries

**Junior Boys** No entries

**Senior Boys** No entries

##### Senior Girls

|                 |  |
|-----------------|--|
| 1 <sup>st</sup> | Crawley TLSC Sophie Morgan/Joanne O'Connor |
| 2 <sup>nd</sup> | Crawley TLS Lauren Hand/Zara Williams      |

##### Ladies

|                 |                |
|-----------------|----------------|
| 1 <sup>st</sup> | Rachael Kaiser |
| 2 <sup>nd</sup> | Sarah Hand     |

##### Men

|                 |                   |
|-----------------|-------------------|
| 1 <sup>st</sup> | Stuart Richardson |
| 2 <sup>nd</sup> | Sam O'Connor      |
| 3 <sup>rd</sup> | Luke Peel         |

##### Ladies Masters 50 to 59

|                 |             |
|-----------------|-------------|
| 1 <sup>st</sup> | Pamela Shaw |
| 2 <sup>nd</sup> | Trudie Peel |

##### Mens Masters 40 to 49

|                 |                        |
|-----------------|------------------------|
| 1 <sup>st</sup> | Simon MacDonald Mewton |
|-----------------|------------------------|

#### 11 July 2010 Rookie Beach Festival

|                          |                          |                                 |
|--------------------------|--------------------------|---------------------------------|
| Under 10's               | Under 12's               | Under 15's                      |
| 1 <sup>st</sup> Aquafins | 1 <sup>st</sup> Aquafins | 1 <sup>st</sup> Aquafins        |
|                          |                          | 2 <sup>nd</sup> Crawley TLSC    |
|                          |                          | 3 <sup>rd</sup> Eastbourne VLGC |

#### 11 July 2010 Beach Lifeguard at Eastbourne

|   |                  |
|---|------------------|
| 1 | Crawley TLSC 'A' |
| 2 | Brighton SLSC    |
| 3 | Eastbourne VLGC  |



**13 November 2010 Life Support at Worthing Scout Hut**

1<sup>st</sup> Rachael Kaiser  
2<sup>nd</sup> Chris McCorquodale  
3<sup>rd</sup> Luke Peel

**13 November 2010 Sussex Pairs at Lancing College**

**Ladies**

1<sup>st</sup> Worthing-Pamela Shaw/Rachael Kaiser  
2<sup>nd</sup> Crawley-Sophie Morgan/Siobhan Penny  
3<sup>rd</sup> Eastbourne 'A'-Zoe Dawe/Amy Pemble

**Mens**

1<sup>st</sup> Crawley - Sam O'Connor/Luke Peel  
2<sup>nd</sup> Eastbourne - Laurie Hughes/Marcus Hughes  
3<sup>rd</sup> Eastbourne Lionel Hartley/Matyas Varga

**14 November 2010 Rookie Pool Festival at St Bede's School, Upper Dicker**

**Under 11's**

1<sup>st</sup> Aquafins

**Under 13's**

1<sup>st</sup> Aquafins  
2<sup>nd</sup> Helens Swim School

**Under 15's**

1<sup>st</sup> Saviours LSC  
2<sup>nd</sup> Aquafins  
3<sup>rd</sup> Helens Swim School

**2010 South East Region Championships**

**18 July 2010 SER Beach Lifeguard Championships at Ramsgate Sands**

**Ladies**

1st Sussex

**Mens**

1<sup>st</sup> Sussex

**18 September 2010 SER Qualifiers at Strood, Rochester**

**Senior Girls**

3<sup>rd</sup> Sophie Morgan/Joanne O'Connor

**Ladies**

1st Rachael Kaiser

**Mens**

3<sup>rd</sup> Luke Peel  
5<sup>th</sup> Stuart Richardson  
6<sup>th</sup> Sam O'Connor

**Ladies Masters 50 to 59**

2<sup>nd</sup> Pamela Shaw  
3<sup>rd</sup> Trudie Peel

**Men Masters 50 to 59**

1<sup>st</sup> Gary Lee  
2<sup>nd</sup> Robin Akers

**6 November 2010 SER Teams at Horley Anderson Centre**

**Ladies**

2nd Sussex

**Mens**

2nd Sussex

**28 November 2010 National Lifesaving Championship Finals at Ponds Forge, Sheffield**

**Ladies**

5<sup>th</sup> Rachael Kaiser

**Masters**

**Ladies 50 -59**

4<sup>th</sup> Pamela Shaw

**Mens 50 - 59**

1<sup>st</sup> Gary Lee

**Mens 60+**

4<sup>th</sup> John Stainer  
6<sup>th</sup> Robin Akers

**John Stainer**

**Competitions Secretary**



## **Branch Lifesaving Co-ordinator's Report 2010**

In 2010 we again offered and ran the RLSS Education Programme including Assistant Teacher and all the disciplines of Trainer Assessor. We are trying really hard to be proactive to encourage everyone who has attended any modules to complete their mentoring period and the Branch is supporting it's members who complete with a bursary towards the costs.

Again there are a number of TA's, mainly pool, taking advantage of the Distance Learning Packs to enable them to train and assess NRASTC and Bronze Medallion. All our TA's details, are included on the Branch website and can accessed by members. If you've forgotten the passwords contact Paul Olliver, Website Manager.

A number of TAs, Branch members and candidates have all contacted me for some technical advice which I'm always ready to provide. Contact me by telephone (07970 424669) or e mail [di.cooke@o2.co.uk](mailto:di.cooke@o2.co.uk)

**Di Cooke**  
**Branch Lifesaving co-ordinator**

## **Approved Training Centre Report 2010**

The ATC liaison is finally taking root and spread across the Branch but has been fairly quiet over the last year. So far we have been able to get answers for or assist with a range of questions / problems.

In recent weeks I have heard that a couple of centres are looking to transfer back to the RLSS, which looks promising.

A few of the ATCs, which have contacted me, have requested for themselves to remain anonymous which is not a problem so please ask...

**Jane Askham**  
**ATC Liaison**



## RLSS Sussex Branch Web Site Report 2010

The website is going from strength to strength last year 2010 we had some 1,995 hits to the website. So far we have this year we have had 287.

The TA list is updated on a regular basis; let me have any amendments needed. Please contact me if you need a reminder of the username/password to access the TA List.

Please can all clubs submit news items to me so if appropriate we can add it to the website.

The competition section contains all the current completion dates and results.

Check the website for TA course date and any important safety information.

Don't forget if you move house or just change your phone number or email please use the online form to update your details a copy of this also gets sent to RLSS HQ so they are updated at the same time.

New for 2011 Sussex Branch Facebook page <http://www.facebook.com/pages/RLSS-Sussex-Branch/129768450378784?v=wall>

Any news items or any ideas please email [web@rlss-sussex.co.uk](mailto:web@rlss-sussex.co.uk)

**Paul Olliver**  
**Web Site Manager**

## Hastings Area Manager's Report 2010

### Organisations/Groups in the Area

As Area Manager it is increasingly difficult to know of all the Lifesaving activity in the area as so much can now be organised and awards processed centrally. Any enquiries received and always dealt with and those enquiring encouraged to get involved with Lifesaving.

Hastings and St.Leonards Voluntary Lifeguard Club: They are always very active with training across all disciplines, pool based and open water. They provide beach patrols from their base at Hastings Motor Boat and Yacht Club, Rock'n'Ore Hastings and also cover a number of special events. In addition each year they are trying to hold an event to gain PR and funds – in 2010 it was a 200 mile cycle and run across the length of Sussex. It turned into quite a mammoth challenge for lots of reasons – but as ever they succeeded. They run some local competitions and took part in the Sussex Branch Rookie Festival and Worthing Competition.

Hastings Lifeguards train at Summerfields Leisure Centre and information can be gained from Di Cooke, tel 07970 424669 or [di.cooke@o2.co.uk](mailto:di.cooke@o2.co.uk) or their website [www.hastingslifeguards.org.uk](http://www.hastingslifeguards.org.uk)

There are a number of venues running Rookie including Crowhurst Park Leisure Club.

**Di Cooke**



## **Hastings and St.Leonards Voluntary Lifeguard Club Club Report for Sussex Branch Year 2010**

2010 was another challenging year for the club, but thanks to the work of the Committee, the enthusiasm of the Members, and the support of friends and associates of the Club, HLG remains in a strong position the face 2011. My thanks goes to all those who have supported the Club in any capacity during the year and I hope that their support will continue in the year ahead.

Of particular note has been the continuing extraordinary popularity of the Rookie group. Doug deserves praise for making this the success that it is.

The 2010 Club 200 Mile Challenge was devised as an event which was easier to prepare for than the Channel relay or Windermere swims of 2008 and 2009 respectively. In the end it became more of a 200 mile Trial Challenge as illness and injury struck team members. Fortunately, and in true HLG fashion, other Club Members plus friends and families pulled together to reach the objective. Particular commendations are due to Dean Baker for his brave face, Jo Leigh for courage, Fred Cooke and Bob Button for first aid and ambulance duties respectively, and Lee Haines for the mileage he put in.

2011 is likely to be a difficult year for the Club as the voluntary, commercial and statutory organisations that we work with, as well as Club members and the general public, all have to manage their budgets more tightly than ever. As always the Committee will manage the Club's finances as wisely as it can taking in to consideration the Club's need to generate income, maintain its assets, and invest for the future.

Friday night training has been quite informal for the last few weeks whilst the Club was displaced to BLP. Summerfields is now operating again after its refurbishment. I hope that all those attending training are invigorated by the Christmas break and the anticipation of the improved facilities. All being well the training programme will regain its momentum rapidly. As I have been writing this report I have heard news of the tragic drowning in Brighton of man who went into the sea to rescue his dogs. Such unhappy misadventures could be avoided if only more people took advantage of the training offered by lifesaving clubs. The work we do is important – quite literally vital in some instances.

**Malcolm Brewster, Chairman**





**We made it!!**

